

The background of the slide is a photograph of a desert landscape. A paved road with yellow double lines curves through the scene, surrounded by orange and red rock formations and sparse, dry vegetation. In the foreground on the right, a yellow diamond-shaped road sign is visible, partially obscured by the text. The sign features a black arrow pointing up and a black 'X' over it, with the letters 'H.' visible at the bottom. The sky is blue with light clouds.

# THE ROAD AHEAD TO WELLBEING

- Annual Preventive Examination  
50 points (max of 1)
- Well Woman Examination  
50 points (max of 1)
- Oral Health - Preventive Cleaning  
20 points (max of 2)
- Flu Shot  
20 points (max of 1)
- Health Assessment on mycigna.com  
20 points (max of 1)
- Screenings  
30 points (no max)
- Health Coaching \*  
20 points (max of 2)
- Wellbeing Activities  
(Cigna Apps & Activities) \*  
20 points (max of 2)
- Walking Challenges  
Corporate 5K (Equivalent) \*  
20 points (max of 1)
- Disease Management Program  
50 points (max of 2)
- Countywide Wellness Events \*  
10 points (max of 4)
- myOCLearn - Life Balance Series \*  
40 points (max of 1)

*\* Categories with an asterisk denote that virtual options are available.*

For more information,  
email [wellness@ocfl.net](mailto:wellness@ocfl.net).